

A not-for-profit health care group
Excellence. Everywhere. Everyday.

Epworth
Medical
Foundation



Newsletter

Winter 2008

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Celebrating women's hearty health

Epworth Medical Foundation held its second annual Women in Healthcare luncheon on Thursday May 7 at the historic waterfront venue, Atlantic on Central Pier, Docklands. The event attracted 270 guests to discuss cardiovascular disease – the leading cause of death and disability for women in Australia.

Channel Seven's Lynda Kinkade led the discussion with a panel of Epworth HealthCare staff – cardiologists Dr Jennifer Johns and A/Prof Gishel New, cardio-thoracic surgeon Dr Silvana Marasco and GP Dr Diana Bethell – with a heartfelt message from cardiac patient Christine Croker.

Guests learnt that 10,500 Australian women die of heart disease each year. In fact one in four women dies within an hour of showing her very first symptom of heart attack.

Yet 80% of risk factors are due to lifestyle choices. These include

smoking, poor nutrition and lack of exercise. Other risk factors include high cholesterol, high blood pressure and diabetes.

To check your health, A/Prof New suggests measuring your waist circumference—whilst the optimum measurement for the average man is less than 90cm, the optimum for the average woman is less than 80cm. "Those with measurements greater than these need to start making healthier choices," said A/Prof New.

Ms Janet Latchford, Deputy President of the Epworth HealthCare Board of Management who hosted the event, thanked all those who attended contributing to the event's success. Major sponsors included Australia Post, BatesSmart, Holding Redlich, ING Medical Properties, HPS Pharmacies, Medibank Private, National Australia Bank, Press Ganey Associates, Silver Thomas Hanley, Slade Chemmart Pharmacy and TAC. Event sponsors included Atlantic Group [v], Device Technologies, Johnson & Johnson, Hesta, Hilliers, Park Hyatt Melbourne, Printwize, Roses Only, Sofitel Werribee Park Mansion, Karla Rose and Masque Day Spa.

The event raised \$40,000 to purchase cardiology equipment across the healthcare group.



Christine Croker chats to Lynda Kinkade whilst Dr Jennifer Johns looks on



Dr Jennifer Johns, Dr Silvana Marasco, Christine Croker, A/Prof Gishel New, Dr Diana Bethell, Janet Latchford and Lynda Kinkade

Excellence in world-class healthcare.



Epworth supports bushfire victims

Epworth HealthCare joined the community effort to support the victims of the bushfires of Black Saturday, February 7 through a collection of cash and goods.

A total of \$21,892 was raised through cash tins and a new Workplace Giving program. These funds were matched by Epworth HealthCare providing a total of \$50,000 donated to the Red Cross State Government Victorian Bushfire Appeal.

Donations of clothing, food, linen, blankets, toiletries, medical supplies and animal care items were also distributed to the Salvation Army, St Vincent de Paul Society and Careforce Community Service. Staff who work as volunteers for the SES and CFA were given leave to provide tangible assistance to those in need.

Our thoughts and prayers go to those affected by these tragic events.

Robot removes its 1000th prostate

Epworth Richmond celebrated its 1000th robotic-assisted prostatectomy with leading prostate surgeon Prof Tony Costello and staff from Ward 7ES. Renowned for excellence and innovation in clinical care, the hospital has pioneered this radical surgical procedure in Australia since 2003.

The robot is used to assist the surgeon in prostate, cardiac and gynaecological procedures. Using sophisticated flexible arms and precise fingertip movements, the surgeon can perform the most delicate laparoscopic surgery. This is less invasive than conventional surgical practices so the patient recovers more quickly with less side effects.

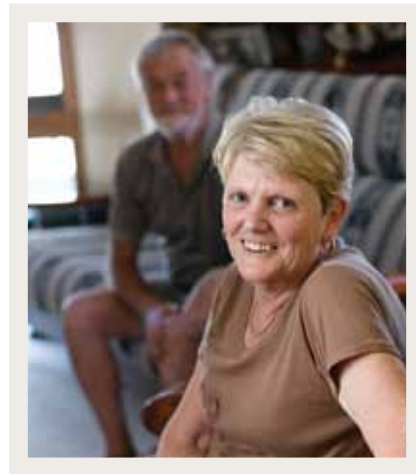
Since the first Da Vinci robot in Australia was purchased by Epworth HealthCare for its Richmond campus, another has been acquired for Epworth Eastern and a third is planned for Epworth Freemasons.

In recognition of the organisation's innovation in this area, the Federal Government recently declared Epworth Richmond to house Australia's first dedicated Prostate Cancer Research Centre.

Maureen gets the shock of her life

When someone says they nearly died of fright you don't expect them to be literal.

When Maureen Davidson of Ringwood says she nearly died of fright she means it.



Maureen and John Davidson

One windy night in June last year Maureen went to bed early. Minutes later a branch crashed outside her bedroom window. She jumped out of bed and ran screaming into the family room and collapsed. Fortunately Maureen's husband, John was home. He talked to her. Maureen did not respond.

He dialled 000. The emergency response team were quick to arrive. They took Maureen to the nearest

public hospital. Maureen was in a critical condition. She needed intensive care and fast. No public intensive care bed was available. It looked like there was no hope. Then someone rang Epworth.

An intensive care bed was available. Maureen was transferred safely into Epworth's care. Within minutes she was connected to life support, including a heart-lung machine which she remained on in an induced coma for over a week.

Maureen had suffered a rare heart condition called takosubo cardiomyopathy. The condition is named after a Japanese balloon-shaped vessel, similar to the shape the heart takes when suffering severe shock, rendering it totally dysfunctional.

Within weeks Maureen was back home leading a normal life again. "The intensive care unit at Epworth and the specialists there saved my wife's life. It's as simple as that," says John Davidson.

Maureen has agreed to tell her story in the Epworth Medical Foundation's mid-year appeal which hopes to raise \$200,000 for urgently needed equipment.

AMT partners Epworth's Golf Challenge



"Let the games begin": Teams prepare for the Epworth Golf Challenge

Advanced Medical Transport was the major sponsor of Epworth Medical Foundation's first group charity Golf Day at the prestigious Victoria Golf Club on Wednesday April 8.

Twenty-three teams participated in the 18-hole Ambrose event organised by the Golf Committee in conjunction with the Epworth Medical Foundation. Joining AMT were hole sponsors Advantage Salary Packaging, Optus, Princes Laundry and Slade Chemmart and team sponsors Corporate Express, Data Agility, Deloitte, Eastern Property Services, Gallagher Bassett Services, Hudsons Coffee, Maquet Australia, Melbourne Pathology, Olympus Australia and PCI Contact Centre Solutions.

In addition to magnificent weather, rolling fairways and manicured greens, players were treated to a light lunch and on-course refreshments. The day culminated in a sumptuous three-course meal in the clubhouse with entertainment by the Lab Creative who penned a song especially for the day.

Congratulations to Optus for taking home the Epworth HealthCare perpetual trophy, PCI Contact Centre Solutions as runners-up and Epworth Eastern for coming in at third place. Individual prizes were awarded to Warwick Brown for the longest drive and Patrick McKenna for nearest the pin. Thanks to our corporate friends the event raised \$50,000 for the healthcare group.

Spotlight on a Sponsor

Advanced Medical Transport

Advanced Medical Transport (AMT) is a private ambulance service providing non-emergency patient transport to a substantial area of Victoria.

After 12 years as a paramedic with Ambulance Victoria, Laurie Park established the business with one vehicle and one support officer. Fourteen years later the business has grown to accommodate 21 ambulances and 70 members of staff.

AMT is the preferred patient transport service for Epworth HealthCare providing transport between hospitals within the healthcare group and to appointments with other healthcare providers. Four ambulances are stationed at Richmond providing immediate response to Epworth's time-critical Emergency Department and an inter-hospital transport service to other departments booked the day prior.

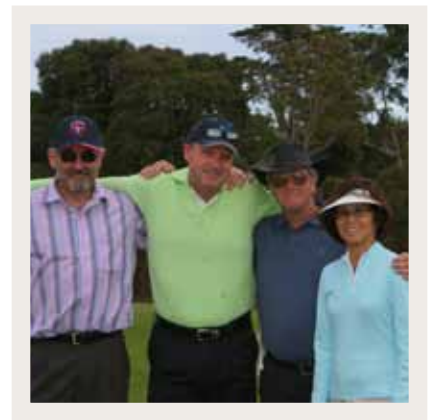


AMT's Managing Director Laurie Park on the job

In addition to metropolitan Melbourne, the company services much of rural Victoria including Gippsland, La Trobe and north-east regions of the state. It specialises in Work Cover and TAC patients but also supports Ambulance Victoria and public and private hospitals within the state.

Licensed by the Department of Human Services to carry low,

medium and high acuity patient transport, vehicles are equipped with comprehensive resuscitation equipment, cardiac monitors, emergency medications and first aid.



The AMT team take up the challenge

Group CE Alan Kinkade said the service is top quality. "They recruit staff from the healthcare industry so they understand our needs," said Mr Kinkade.

Advanced Medical Transport proudly sponsored the first group Epworth HealthCare Charity Golf Challenge held earlier this year.

Epworth HealthCare Gala Ball



This year's Epworth HealthCare Gala Ball will be held on Saturday October 24 at Peninsula within the Atlantic Group on Central Pier Docklands.

The event will attract 1000 supporters, suppliers and staff to an evening of glamour, mystique and magic.

Tickets will be available from the Epworth Medical Foundation at \$195 each or \$1850 for a table of ten on 03 9426 6131.

Spotlight on Staff

Prof Geoffrey Metz AM celebrates his 30th year with Epworth this year

What led you to become a doctor?

I hadn't thought of a career at all until I reached the latter part of my secondary education and found that I was good at Maths, Physics, Chemistry and Biology and not very good at English Literature, Latin and Art! Medicine seemed to fit very well with my stronger suit.

Where did you receive your training?

I trained at Monash University which, in the 1960's, was the hot bed of radical politics. We marched against the conservatism of Henry Bolte and Arthur Rylah and sat in the streets when Vietnam became an issue. We also managed to pass the examinations when the hurdles were put in front of us.

Happy days at Monash moved on to happy days at The Alfred where I was an Intern, Resident and Registrar. I collected the membership of the College of Physicians and then went to London from 1974 to 1978.

What is your specialty and where has it taken you?

Whilst I was abroad, I fell in love with gastroenterology and with London and that love affair continues. On returning to Australia, I found the combination of public service at The Alfred and private practice at Epworth Hospital a perfect balance.

Epworth was expanding and had the critical mass of specialties and specialists. It had excellent

nursing and administrative staff to enable flexibility of practice as well as providing a friendly place to work.

I have always enjoyed variety in life and the ability to do some general medicine, consultative gastroenterology, procedural gastroenterology, research and teaching meant there was never a boring moment.

Concurrently, I enjoyed the challenge and collegiality of working through the Royal Australasian College of Physicians' committee structures where it gave me great pleasure to teach the next generation of physicians coming through the system, and at the same time to help shape the various College processes developing education, workforce needs, policy and advocacy.

How long have you been at Epworth and why?

I have been at Epworth since 1979—just moments after getting back from the UK—having been told by the great Dr Peter Parsons that I must come here to work. He was a very persuasive and delightful physician.

I remain at Epworth and indeed made the decision to leave The Alfred about five years ago so that I could become fulltime at Epworth Richmond and put all my energy into the one campus. Over this period, it has been a great privilege to help to develop medical education at Epworth which I see as a leader in medical education and training into the future.

What do you do in your leisure time?

Leisure time is Angelsea where in just one hour from Richmond, one can arrive at paradise on Earth!



Prof Geoffrey Metz was honoured as a Member of the Order of Australia in 2001

What about your family?

Kaye (Dr Kaye Anderson) and I have three sons who have spent much of the past ten years travelling the world and being educated in various settings, but they each see their future as Melbourne and Angelsea and I see their future as providing me with grandchildren!

Indeed, two of our three sons have followed me into physician practice—Andrew, as an Adult Medicine Trainee and David as a Paediatric Trainee. Our third son, Stephen, is the only sensible one in the family (having escaped from the medical mould) and is currently a Mining Engineer drilling for oil off the north-west shelf of Australia!

What message would you like to send our donors?

The message for our donors is very clear. In Epworth HealthCare you have the most progressive and vibrant hospital group in Australia, a group which is not aiming at making huge profits for shareholders, but one which has a very clear mission to develop excellence in health care through education, training and research whilst attracting the very best medical practitioners who share this ideal.

New pedals for HeartSmart

An Epworth Rehabilitation program for cardiac patients has received two new cycling machines thanks to a generous donor. Former patient George Swinburne made the gift of \$5,000 to purchase the equipment for HeartSmart.



George Swinburne tries out the equipment with Caroline Guille and Nanci Thurston

George suffered a heart attack in July 2007 and underwent a triple bypass at Epworth Richmond. After recovering from surgery he joined the HeartSmart program.

The program helps cardiac patients minimise risk factors and improve their lifestyle though improved diet, increased exercise and stress management.

The machines were displayed at the annual HeartSmart lunch recently. Coordinator of the program, Nanci Thurston thanked George for his generous gift saying the equipment would help others who are about to embark on the program.

Boost for the treatment of cancer at Freemasons

Freemasons oncology service has received a welcome boost from a very generous benefactor. Moira Gay who died in 1994 left part of her estate to the cancer unit where she had been treated.

The bequest totalling over \$2 million has enabled Epworth

Freemasons to purchase a vast range of equipment used in the diagnosis and treatment of the disease. Major items include a brachytherapy machine used in radiation treatment of prostate cancer, gastroscopes and colonoscopes used to assess abnormalities in the digestive tract as well as electronic beds and recliner chairs for patients' comfort on the oncology wards.

Having had careers in nursing, both Moira's sisters Hope Gay and Coral Scott were familiar with the strains on hospitals to keep abreast of advancements in technology. In fact, Hope had been intimately associated with Freemasons in her former role as Matron of the hospital.



Coral Scott, Stephen May and Damian Armour watch as GCE Alan Kinkade tries out a new recliner in day oncology

In December, Coral was invited to inspect the new equipment and unveil a plaque acknowledging her sister's generosity outside the Day Oncology Unit. Aged in her 90's Coral surprised staff by saying she had helped deliver twins earlier that morning!

Group CE Alan Kinkade, Freemasons' Damian Armour and the Foundation's Stephen May expressed their appreciation to Coral for what her sister had achieved through her magnificent bequest.

Freemasons memorial unveiled



Joan Primrose and her son with Damian Armour ED Epworth Freemasons

A ward at Epworth Freemasons has been dedicated to the memory of a very special family. The gynaecological oncology ward known as 1 East was dedicated to the memory of Thomas and Elizabeth Colwill and their four children Thomas (Jnr), Robert, Ernest and Beatrice. Recently refurbished, the 31-bed ward primarily cares for women being treated for cancer of the reproductive organs.

This was the wish of Beatrice May Colwill, the last surviving member of the immediate family. Beatrice inherited her family's estate after her three brothers, predeceased her. Her eldest and last surviving brother, Thomas was a Freemason and had a long association with the hospital.

After distributing property to members of her extended family, Beatrice left the remainder of her estate to Epworth Freemasons with the wish for a ward to be dedicated in her family's memory. The bequest included cash, dividends and shares worth almost \$1.5 million.

Beatrice's niece, Joan Primrose and her son attended the dedication ceremony unveiling a plaque acknowledging the generosity and goodwill of the Colwill family.

The EMF brand



You will notice that the Epworth Medical Foundation has a new look. Incorporating the Epworth logo it has developed its own unique colour palette distinguishing it from other parts of the healthcare group. This new branding has been incorporated on all of the Foundation's stationery and collateral.

By way of background the name Epworth was chosen for the hospital when it was established in 1920. Epworth was the birthplace of John Wesley, the founder of the Methodist Church in England. The hospital was to be a place where, in the Wesley tradition, "practical assistance to the sick" could be carried out.

The Epworth logo was established in 1995. The logo depicts a circle representing totality. Within the circle is a figure representing the people—both carers and patients. The figure's outstretched arms form a cross symbolising the Uniting Church with which Epworth is affiliated. Finally the body is encircled by a small 'e' which represents Epworth and its tradition of care for the community.

In 2005 the Epworth HealthCare group was awarded the Australian Private Hospitals Award for Quality and Excellence recognising its high standard of clinical care. Subsequently the line – Excellence, Everywhere, Every Day – was introduced.

Commitment to research & education

Epworth HealthCare aspires to become an academic teaching hospital along the lines of world-renown private hospitals in America such as the Mayo Clinic and the Cleveland Clinic.

Dr Peter Dohrmann, Executive Medical Director of Epworth HealthCare says "while Epworth has pursued research endeavours and undertaken undergraduate and postgraduate training for many years, plans are afoot to significantly expand research and education capabilities."



Dr Peter Dohrmann, Executive Medical Director of Epworth HealthCare

To this end, the following new structures are being established:

- An educational framework encompassing eleven clinical institutes including cancer, cardiac, critical care, general surgery/ gastroenterology, obstetrics/ gynaecology, internal medicine, musculoskeletal, neurosciences, diagnostics, rehabilitation and surgery subspecialties
- Clinical Trials Department to administer new treatment regimes and perform an organisation-wide clinical audit comparing treatment programs and their outcomes
- Appointments of Academic Chairs in Medicine, Surgery and Rehabilitation Medicine to augment those already established in Nursing and Psychology
- Epworth HealthCare Research Institute to oversee research projects across all campuses

"It is hoped that this investment in clinical education and medical research will ultimately improve outcomes in clinical care," said Dr Dohrmann.

Big plans for Epworth Richmond

Plans for a major redevelopment at Epworth Richmond have been lodged with the City of Yarra Council paving the way for an expanded healthcare facility on the original hospital site.

Group Chief Executive Alan Kinkade unveiled the plans recently. The design includes 430 new private rooms complete with en-suites providing an increase of 270 beds and total bed capacity of 777. New and expanded facilities are included for emergency, operating theatres, cancer care, intensive care, coronary care and rehabilitation. Parking spaces for an additional 392 cars and 131 bicycles will be incorporated into the new underground car park.

Environmental sustainability has been considered in regard to the building orientation, facade and fabric. Fresh air systems, rainwater recycling and waste reduction are preferred in the design.

The proposed redevelopment will be built in four stages over seven years with the main entrance being relocated to Erin Street.



New main entrance on Erin Street

Outings with Friends of Epworth

The Friends of Epworth auxiliary has organised several fundraising events this year. Committee member Valda Cuming kindly opened her home in Brighton as a venue for a pre-loved goods stall on April 24 raising \$2,800 for the group.



Val Cuming and friends at the pre-loved stall

Other calendar events include:

- A lunch at the William Angliss Institute of TAFE -specialising in hospitality, tourism and culinary arts–on Tuesday May 26 at \$60 per person, and
- A day at the races at Moonee Valley on Saturday June 20 at \$75 per person.

For further information call the secretary Ronda Jenkins on telephone 03 9386 5031.

Lord Mayor lunches at Epworth



The Right Honourable Lord Mayor Robert Doyle at the lunch

Melbourne's Lord Mayor spoke at a fundraising lunch at Epworth recently at the invitation of Mary Cole and the Cancer Unit Auxiliary.

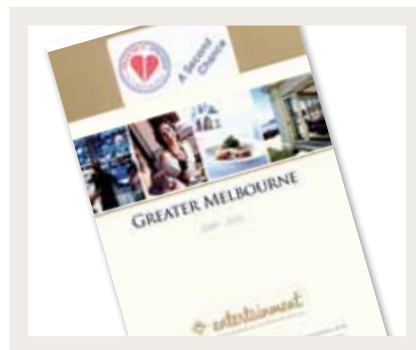
Councillor Doyle spoke of what Melbourne does well–cuisine and culture–and its fondness of laneway bars, cafes and good coffee! He also spoke of the areas it needs

to improve such as alcohol-fuelled violence, public transport and traffic.

“Melbourne is the smart city, the knowledge capital of Australia”, he said. “And with our major sporting events and arts precincts it is also a major tourist destination.”

He congratulated Epworth for its innovation in clinical care, its commitment to research and education and praised our volunteers who give freely of their time to benefit the organisation. Funds raised from the event will support the Cancer Unit at Epworth Richmond.

Entertainment Books on sale



The new 2009/2010 Entertainment Book is now available for sale through Epworth's Heartbeat auxiliary. The book provides hundreds of discounts of 25-50% or two-for-one offers from a broad range of restaurants, hotels, sports centres, leisure activities and tourist attractions.

At just \$65.00 (plus \$7.00 postage if required) you receive offers valued at over \$15,000 and valid till 1 June 2010. In fact you only need to use your book a couple of times throughout the year and it will have paid for itself. Plus you're supporting Heartbeat Epworth!

The Entertainment Book does sell out quickly, so order now to avoid disappointment.

Contact Annick Curry on telephone 9426 6258 or email annick.curry@epworth.org.au

Your
support
saves
lives.

How you can help?

You can help by making a regular pledge to Epworth Medical Foundation.

By giving regularly you are helping us to continue our excellence in healthcare service provision.

Yes! I would like to support EMF!

Name: () _____

Address: _____

With \$ _____

as a

- One-off Monthly
 Quarterly Biannual gift
- Enclosed cheque made payable to Epworth Medical Foundation
- Credit card details below:
 MasterCard
 Visa
 Amex
 Diners

Card No: _____

Exp: / _____

Cardholder _____

Thank you for your support

Donations over \$2 are tax deductible

Please return to
Epworth Medical Foundation
89 Bridge Road,
Richmond VIC 3002



Hearty Minestrone Soup

Ingredients:

30g butter
2 onions
2 cloves garlic
60g bacon rashers
2½ litres beef stock
½ can cannellini beans
2 potatoes
3 carrots
2 celery sticks
125g green beans
3 zucchini
4 tomatoes
½ cup small macaroni
2 tablespoons chopped parsley
salt and pepper
grated parmesan cheese
crusty bread

Method:

Heat butter in large saucepan, sauté peeled and chopped onions, crushed garlic and chopped bacon. Add beef stock and drained cannellini beans and simmer covered for 2¼ hours. Add diced potatoes and carrots, sliced celery, beans, zucchini and tomatoes and simmer covered for 1 hour. Add pasta, season with salt and pepper and simmer 10 minutes. Stir in parsley and serve with parmesan cheese and crusty bread. Serves six.